

SHIRLEY LEAVELL BRANCH



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eliminating racism
empowering women
ywca
El Paso del Norte Region

Schedule Effective 2/4/2019

WATER AEROBICS

TIME am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Power Hour	
8:00	Power Hour	Power Hour	Power Hour	Power Hour	Power Hour	
9:00	Silver Splash®	Power Hour	Silver Splash®	Aqua-Aerobics	Silver Splash®	
10:00	Aqua-Aerobics		Aqua-Aerobics		Aqua-Aerobics	
11:00						Float Fit
pm						
12:00	Aqua-Aerobics	Power Hour	Aqua-Aerobics	Power Hour	Aqua-Aerobics	
5:30	Power Hour	Power Hour	Power Hour	Power Hour		
5:30	Float Fit	Float Fit	Float Fit			
6:30						

LAND AEROBICS

TIME am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00	Power Step	 ZUMBA fitness	Power Step	Line Dancing	Silver Sneakers® Yoga	 ZUMBA fitness
10:15	Silver Sneakers® CardioFit	Silver Sneakers® Classic	 ZUMBA fitness	Silver Sneakers® Classic		
pm						
4:30	Line Dancing		Yoga			
6:00	 ZUMBA fitness	Cardio Tone	 ZUMBA fitness	Cardio Tone		

ADULT FITNESS AND AQUATICS CLASSES ARE 50 MINUTES LONG - FLOAT FIT CLASSES ARE 30 MINUTES LONG

OPEN PLUNGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	
	3:30pm-5:30pm	3:30pm-5:30pm	3:30pm-5:30pm	3:30pm-5:30pm		11:00am-1:45pm
	6:30pm-7:45pm	6:30-7:45pm	6:30pm-7:45pm	6:30-7:45pm		

OPEN LANES

**Limited to 1 Lane only: during Water Aerobics classes/Float Fit/ Swim Lessons

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30am-1pm	5:30am-1pm	5:30am-1pm	5:30am-1pm	5:30am-1pm	8:00 to 1:45pm
	3:30pm-7:45pm	3:30pm-7:45pm	3:30pm-7:45pm	3:30pm-7:45pm		

**** Limited to 1 Lane only: during Water Aerobics classes/Float Fit/ Swim Lessons

YWZONES (YOUTH FITNESS)

pm	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-7:00	Body Mechanics & Functional Fitness		Agility & Mobility			

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